

10 ideas for...

Praying for Monday to Saturday

1. TTT

This Time Tomorrow is an initiative where members of the congregation share or are interviewed during a Sunday service about what they will be doing at this time tomorrow. Why not finish this section of your service by praying not only for that member of the congregation but also for everyone else who will be doing the same things tomorrow.

2. Adding to the Intercessions

Did you know you can be very creative with the intercessions during a service? You can add sections to the traditional ones or do something completely different. You could pray for a particular area of work (such as; education, health, charities etc) or a particular age group or activities people may be doing (such as; sport, work, volunteering etc).

3. Daily Diary

People could keep a diary of their week which could be collected and brought to the altar to be given to God in prayer during a service. In this way we are thanking God for our Monday to Saturday experiences.

4. Intercessions in Pairs

Instead of having one person praying the intercessions from the front, why not pair up with the person next to you and pray for each other and what the following week holds.

5. Alphabet Intercessions

This activity helps us to think about all the different roles that people from Monday to Saturday. At each service you choose the next letter of the alphabet and pray for people who do things beginning with that letter. For example, if the letter is D, you can pray for dads, drivers, dentists, dancers, designers, data analysts and so on

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6. Commissioning People

Many churches commission people for ministries in the church but it's enormously powerful to also commission people for 'ministries' beyond the church: for people changing jobs, or taking up new responsibilities in the community, or starting the school or university year, or moving into retirement.

7. Write a Parish Prayer

One way to bring prayer for your church community into Monday to Saturday living is to write a parish prayer that people can take home, pin up somewhere and pray every day. This way, the church community is remembered and prayed for every day of the week.

8. Thought, Word and Deed Examen

This is a version of the St. Ignatius Examen where you reflect on thoughts, words and deeds from the last week and reflect on what you want to think, say and do differently in the coming week. It can be found at www.bathandwells.org/praying.

9. Remember those who are not present

Many churches do this for people who are unwell, but it's good to remember to pray for those in the church community who may be absent for other reasons. Perhaps they have to work some Sundays or visit family or are on holiday. You could even pray specifically for those who aren't on the rotas that week!

10. Blessing of Paul

You can use the following adaptation of Paul's words to the Romans as a prayer for Monday to Saturday living.

May the God who gives endurance and encouragement grant you to live in harmony with one another, according to Christ Jesus, so that you may glorify God in whatever you do this week, with one mind and one voice. Amen